



Sour Cream (Almost)



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



63 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons philadelphia cream cheese
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons milk

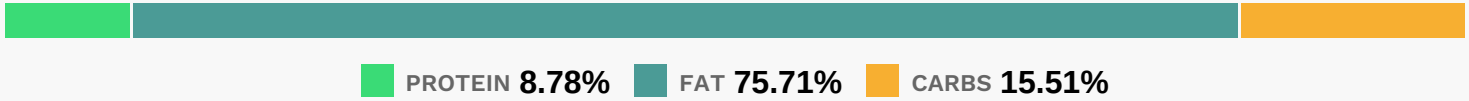
Equipment

Directions

- ☐ Let the cheese soften at room temperature.

- ☐
- Mix it with the milk and lemon juice.
- ☐
- Serve it with your favourite food.
- ²
- *For lighter version you can use skim milk and low-fat cream-cheese.
- ³
- *If you can lessen or change the lemon juice with white distilled vinegar to taste, if found too sour.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:0.48, Inflammation Score:-2, Nutrition Score:1.6217391348403%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 63.05kcal (3.15%), Fat: 5.5g (8.47%), Saturated Fat: 3.21g (20.09%), Carbohydrates: 2.54g (0.85%), Net Carbohydrates: 2.49g (0.91%), Sugar: 1.64g (1.83%), Cholesterol: 16.44mg (5.48%), Sodium: 51.38mg (2.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.87%), Vitamin C: 5.8mg (7.04%), Vitamin A: 219.93IU (4.4%), Calcium: 33.42mg (3.34%), Vitamin B2: 0.06mg (3.31%), Phosphorus: 31.86mg (3.19%), Selenium: 1.55µg (2.21%), Vitamin B12: 0.11µg (1.88%), Potassium: 57.09mg (1.63%), Vitamin B5: 0.16mg (1.58%), Vitamin B6: 0.02mg (1.21%), Vitamin D: 0.17µg (1.1%), Folate: 4.3µg (1.08%), Vitamin E: 0.15mg (1.03%), Vitamin B1: 0.02mg (1.02%)